

# SEPTEMBER 2012

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE,  
CONTACT YOUR MEAL MANAGER.  
EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL HELPS MAKE MORE MEALS POSSIBLE.

## MENUS ARE SUBJECT TO CHANGE

**3**

**CLOSED  
FOR  
LABOR DAY**

**4**

TOMATO JUICE  
TUNA SALAD  
KAISER ROLL W/LETTUCE  
GREEN PEA SALAD  
MARINATED CUCUMBERS,  
TOMATO & ONIONS  
PEACHES  
1% MILK

**5**

FRUIT AMBROSIA  
CHICKEN SALAD COLD PLATE  
WHOLE WHEAT BREAD  
LETTUCE & TOMATO  
WHITE AMISH BEAN SALAD  
COLE SLAW  
APPLE PIE  
1% MILK

**6**

GRAPE JUICE  
BEEF NOODLE BAKE  
WHOLE WHEAT BREAD  
TOSSED SALAD  
RANCH DRESSING  
FRESH PEARS  
1% MILK

**7**

FRUIT PUNCH  
BRATWURST  
HOT DOG ROLL  
GREEN BEANS  
SAUERKRAUT  
APRICOTS  
1% MILK

**10**

PINEAPPLE JUICE  
SMOKED HAM & SWISS  
CHEESE SANDWICH ON RYE  
BREAD  
LETTUCE & TOMATO  
SPLIT PEA SOUP  
COPPER PENNIES  
PEARS IN JELLO  
1% MILK

**11**

FRUIT COCKTAIL  
BBQ CHICKEN QUARTERS  
WHOLE WHEAT ROLL  
TOSSED SALAD  
RANCH DRESSING  
MASHED POTATOES  
GREEN BEANS  
1% MILK

**12**

TROPICAL FRUIT CUP  
HAMBURGER W/CHEESE  
ON A HAMBURGER ROLL  
POTATO SALAD  
CARROTS  
PEARS IN ORANGE JELLO  
1% MILK

**13**

TOMATO JUICE  
CHICKEN BREAST  
W/MUSHROOM GRAVY  
WHITE BREAD  
BROWN RICE  
SUMMER BLEND VEGGIES  
CINNAMON APPLES  
1% MILK

**14**

CRANBERRY JUICE  
HOT SLICED TURKEY OPEN  
FACED W/GRAVY  
WHITE BREAD  
CUT SWEET POTATOES  
GREEN BEANS  
FRUIT COCKTAIL  
1% MILK

**17**

APPLE JUICE  
HOT ROAST BEEF  
SANDWICH W/GRAVY  
WHOLE WHEAT BREAD  
3 BEAN SALAD  
RICE  
ZUCCHINI & TOMATOES  
PINEAPPLE IN LIME JELLO  
1% MILK

**18**

NAVY BEAN SOUP  
TUNA SALAD COLD PLATE  
LETTUCE & TOMATO SLICES  
MELON CUP  
SALTINE CRACKERS  
FRESH FRUIT  
1% MILK

**19**

GRAPE JUICE  
BAKED HAM IN PINEAPPLE  
SAUCE  
RYE BREAD  
SLICED CARROTS  
AU GRATIN POTATOES  
FRUIT AMBROSIA  
1% MILK

**20**

PINEAPPLE & ORANGE JUICE  
PUNCH  
STUFFED CHICKEN BREAST  
W/GRAVY  
MASHED POTATOES  
PEAS & ONIONS  
ROLL & MARGARINE  
CHERRY PIE  
1% MILK

**21**

APPLE JUICE  
COLD CUT SUB WITH  
PROVOLONE CHEESE  
MARINATED CUCUMBER, TOMATO  
& ONION SALAD  
LETTUCE & TOMATOES  
FRESH SEASONAL FRUIT  
1% MILK

**24**

PINEAPPLE JUICE  
PEPPER STEAK  
WHEAT BREAD  
BROWN RICE  
SUMMER BLEND  
VEGETABLES  
PEACH PARFAIT  
1% MILK

**25**

BEEF VEGETABLE SOUP  
CHICKEN SALAD COLD  
PLATE  
MULTIGRAIN DINNER ROLL  
APPLE JUICE  
MARINATED GREEN BEAN  
SALAD  
PEARS  
1% MILK

**26**

PINEAPPLE JUICE  
BBQ BEEF  
SANDWICH ROLL  
SPINACH  
SCALLOPED POTATOES  
TROPICAL FRUIT  
1% MILK

**27**

FRUIT PUNCH  
CHICKEN TACOS  
SHREDDED LETTUCE &  
CHEESE  
CHOPPED TOMATO  
REFRIED BEANS  
SEASONED RICE  
FRESH SEASONAL FRUIT  
1% MILK

**28**

MELON CUP  
MEATLOAF W/GRAVY  
WHOLE WHEAT BREAD  
MASHED POTATOES  
GREEN BEANS  
ROSEY APPLE SAUCE  
1% MILK